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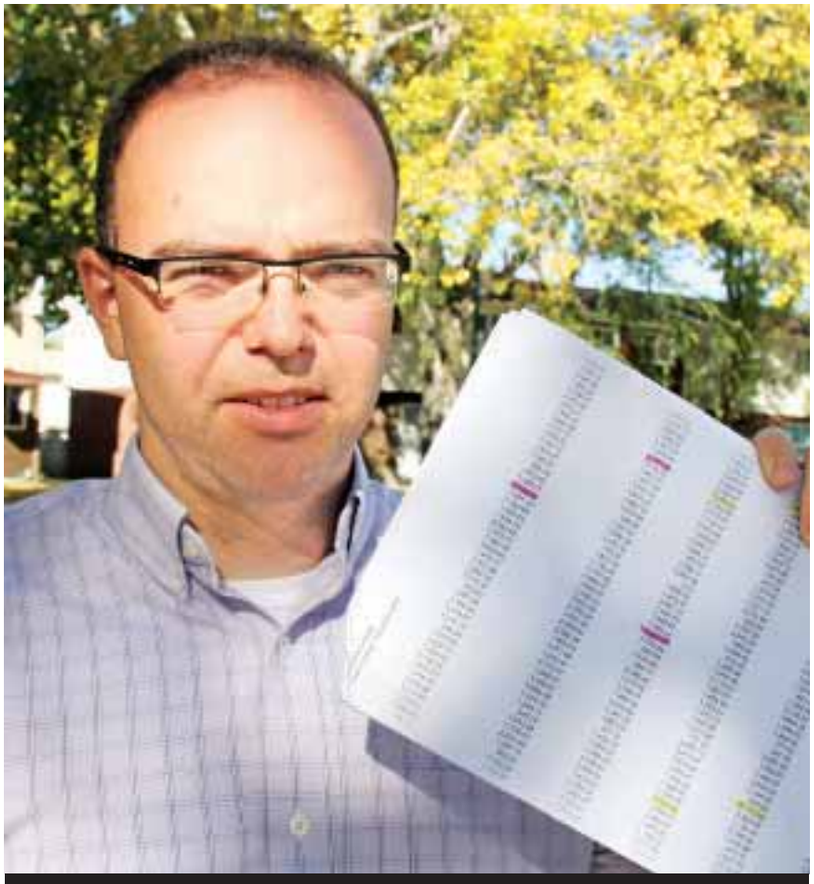

Colin Craig of the Canadian Taxpayers Federation in front of Manitoba government housing on Cavalier Drive. Craig says data shows that 148 tenants earn more than $50,000 a year. BERNICE PONTANILLA/METRO

High earners living in social housing: CTF

Hard to live on $150K?

Province says figures are out of context and may not reflect real wages

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The Canadian Taxpayers Federation is urging the Manitoba government to investigate some high-income earners who are living in social housing units.

Colin Craig, the federation's Prairie director, said the data he received through a freedom-of-information request notes that 148 tenants earn more than $50,000 a year, including two tenants who make $153,648 and $137,340.

"We hear the government talking about the need for building more social housing, as well as some other activists calling for that, and it looks like the government could ask some high-income earners that are living in social housing to move out and free up some space for true low-income people," said Craig.

Craig said he took monthly-earnings figures to calculate the yearly incomes.

Manitoba Housing CEO Darrell Jones said that because Craig's figures are snapshots of monthly earnings, some of those incomes could be from people who are already shifting out of social housing.

"There will always be some people that have improved their state ... and then they move out," said Jones, adding there's also fluctuations depending on a tenant's personal situation, such as a partner moving in, which would push the monthly earnings up.

"We have on average over 150 unit turnovers every month."

Jones said Manitoba Housing directly manages 14,000 housing units — which means the 148 identified by the taxpayers group amounts to about one per cent — and that the maximum a resident can earn before they are made to leave social housing sits at $57,000 a year.

Cutoff

$57,000

The maximum annual wage a resident can earn before they are made to leave social housing.

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NEWS

WNDX. Let your guard down for the avant-garde

A celebration of avant-garde cinema, the WNDX: Festival of Moving Image is presenting screenings, performances and talks by groundbreaking Canadian and international filmmakers and video artists.

Founded in 2005 by filmmakers at the Winnipeg Film Group, the eighth annual festival runs Wednesday through Sunday at Cinematheque and other venues.

"It's a film festival that focuses exclusively on moving image art," said Irene Bindi, a member of WNDX's curatorial collective. "Anything that's outside of the mainstream of film and video practice, and that includes performance and installation work as well."

The biggest name at WNDX this year is Toronto visual artist Michael Snow. A member of the Order of Canada, the 83-year-old is considered one of the most influential experimental filmmakers ever.

Bindi has curated three programs of Snow's work and says she's most excited for the screening of La Région Centrale, Snow's 1971 landscape film shot in northern Quebec.

"The camera is mounted on a mechanical armature and he worked with a computer programmer to get the movements of the camera. Basically there's no human eye behind the camera," Bindi said, noting that Snow will be present, giving an artist talk at Plug In ICA on Saturday at 1:30 p.m.

"It creates this incredible, otherworldly landscape film. The movement and the frame just take over. The audience is definitely going to experience something they've never experienced in the cinema before." **JARED STORY/FOR METRO**

Arturo: Argentina á Assiniboine?

Arturo the polar bear may make the move from Argentina to Assiniboine if all goes as planned. HANDOUT

Hudson the polar bear might be getting a new friend to share the Assiniboine Park Zoo's new Journey to Churchill exhibit.

Zoo officials are heading to Argentina in November to check on the health of Arturo, a 28-year-old polar bear currently at the Mendoza Zoo, and if he gets a clean bill of health he might be coming to Winnipeg.

"He's an older bear … but Debbie lived to 42, so it's not like he's necessarily at the end of his life," said Assiniboine Zoo's COO Don Peterkin. "We have to assess if he's in good condition because it would be a stressful move to get him on a plane."

Peterkin said Arturo has been at the Mendoza Zoo for at least a decade, but protestors have recently rallied against the South American zoo, complaining the bear should be moved to a climate better suited for him.

Peterkin stressed the move is by no means a sure deal, and it would be months before Arturo gets to Winnipeg if he's deemed well enough to make the journey.

The zoo hopes to have its Journey to Churchill exhibit open to the public sometime next spring. **SHANE GIBSON/METRO**

Too many kittens being tossed: Shelter director

Pet rescue. Group has put lock on dumpster to prevent animals from being thrown out

After yet another bag of kittens was found and rescued in Winnipeg this week, the director of a local no-kill shelter says it's happening far too often.

The Winnipeg Pet Rescue Shelter says five kittens were found in a garbage bag in an alley in the Garden City area and taken to a local veterinarian. The vet then turned over the kittens, who were all less than a pound, to the shelter.

"We see this happen all the time now," said executive director Carla Martinelli-Irvine. It's happening so often, said Martinelli-Irvine, that the shelter's volunteers check their back door every 10 minutes and they've installed a lock on the dumpster behind the shelter to prevent animals from being thrown away.

In August, a bag of four 10-day-old kittens were found tied up and abandoned on Selkirk Avenue and were turned over to Craig Street Cats.

Martinelli-Irvine said she's not sure why there's been an upswing in this type of abandonment. "Cats have been devalued by society. Dogs have gone up in value by society, but cats have gone down and I don't know why that is."

Martinelli-Irvine said the kittens are doing OK so far, although a few of them are being fed by hand.

She said what the shelter needs most is monetary donations, which can be done online, dropped off at the shelter, mailed in or called in. **ELISHA DACEY/METRO**

Three of the five kittens that were found abandoned in a bag in Garden City. COURTESY WINNIPEG PET RESCUE SHELTER

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Amos. Homicide victim unfairly portrayed: Sister

The heartbroken sister of the city's latest homicide victim is speaking out about the negative picture painted of her brother in the media since he died last week.

Phillepp Amos, 25, was reportedly attacked with a machete during a brawl in the North End Friday night.

Grace Amos, 30, admits her brother had a criminal record, but she adamantly denies media suggestions he suffered from fetal alcohol spectrum disorder, describing him as someone who selflessly helped others despite his own difficulties, including a childhood spent bouncing between foster homes and living on the street.

"He'd been through so much; he was hurt," she said, recalling stories he'd told her of childhood abuse. "I know him better than anyone could. I knew his struggles and I knew his pain.

"He was always trying to help out people who couldn't help themselves."

Phillepp Amos COURTESY GRACE AMOS

Grace, who describes herself as a Christian who is now "completely involved in church," had been trying to help her brother in the months leading up to his death.

She held back tears thinking about how things might have ended differently.

"Life was hard for him," she said. "He wasn't able to get that healing."

A man has been arrested in relation to her brother's death. SHANE GIBSON/METRO

Crime. Teens robbed by same armed man: Police

Police are linking two robberies Monday morning that saw a 12-year-old boy and a 16-year-old boy separately targeted by a knife-wielding assailant as they made their way to school in Elmwood.

The 12-year-old victim had personal electronics stolen after the armed male confronted him near Roch and Chalmers streets around 8 a.m. before fleeing in a grey-coloured four-door Honda Civic.

Fifteen minutes later, police say the same man jumped out of the same car and confronted the 16-year-old victim near the corner of Roch Street and Kimberly Avenue.

No one was injured during the robberies.

The man is described as aboriginal, about 18 years old and roughly six feet tall with dark hair and a beard or goatee.

Anyone with information should call police at 204-986-2857 or Winnipeg Crime Stoppers at 204-786-TIPS.

SHANE GIBSON/METRO

Dr. Donald Low says in a video released posthumously that he feared not being able to enjoy his last days before death. THE CANADIAN PRESS FILE

Doctor leaves appeal for dying with dignity

Assisted suicide. Donald Low, best known for his efforts during the SARS crisis, filmed message just before his death

BERNICE PONTANILLA
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The Toronto-based Winnipeg doctor remembered for guiding Canada through the 2003 SARS epidemic has made a posthumous plea for changing the laws regarding assisted suicide.

Dr. Donald Low, who earned his science and medical degrees at the University of Manitoba, died on Sept. 18 at age 68 due to a brain-stem tumour that was diagnosed this past February.

On Tuesday, a seven-minute video of Low filmed just over a week before his death was uploaded to YouTube by Cancer View Canada.

In it, Low asks, "Why make people suffer for no reason when there's an alternative? I just don't understand it."

He also pleads with Canadian doctors and others who are against assisted suicide to rethink their opposition to letting terminally ill patients die with dignity.

"I wish they could live in my body for 24 hours and I think they would change that opinion," he said. "I'm just frustrated not to be able to have control of my own life, not being able to have the decision for myself when enough is enough."

A statement on the video says Low "did not have the death he had hoped for, but he died in his wife's arms and was not in pain."

Low is the second Winnipegger to draw national attention to assisted suicide this year.

In April, 72-year-old Susan Griffiths died peacefully with some family members by her side at the Dignitas clinic in Zurich, Switzerland, after being diagnosed with multiple-system atrophy.

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Teacher takes wrong turn, runs marathon

Meredith Fitzmaurice
COURTESY MEREDITH FITZMAURICE

I'll just run with it. 34-year-old teacher starts the half-race, ends up the first woman to complete the full race

LUKE SIMCOE
Metro Online

Meredith Fitzmaurice celebrated her win at Sunday's Run for Heroes Marathon in Amherstburg, Ont., despite not having entered the race.

The runner from Belle River, Ont., had signed up for the 21.1-kilometre half-marathon, but after a wrong turn landed her on the full-marathon course, she just kept going.

"As I was looking at my watch, I was thinking something's wrong. Where's the finish line?" she said.

After realizing her mistake, the 34-year-old teacher checked with a race official to see if she would be eligible to finish.

Just do it

"Once he said I was good to go, my adrenaline just kicked in."
Meredith Fitzmaurice

"The guy was awesome," she said. "And once he said I was good to go, my adrenaline just kicked in."

In the end, Fitzmaurice finished her very first marathon with a time of 3:11:48. She was the first woman to cross the finish line and 10th overall.

"I didn't even realize I was the first female until people started yelling at me and high-fiving me," she said. "Once I crossed the finish line and realized the magnitude of what I had done, I started crying."

Fitzmaurice's time was good enough to qualify her for the Boston Marathon.

'Hollow Flashlight.' 15-year-old Canadian wins at Google science fair

A 15-year-old Victoria student who invented a flashlight powered by body heat is one of the big winners at Google's annual international science fair.

Ann Makosinski won in the 15 to 16 age category, beating out thousands of other budding young scientists from around the world.

The "Hollow Flashlight" runs off the heat of the hand holding it, using special tiles that generate electricity from the heat flow between the palm on one side and the ambient air on the other.

The Grade 10 student at St. Michael's University in Victoria says she will explore more ways to use the technology to reduce battery use, including possibly in medical devices.

Makosinski received a $25,000 scholarship with four other winners at a gala ceremony in California on Monday night. THE CANADIAN PRESS

Edmonton

Police suspect teens overdosed on synthetic marijuana

Two Edmonton-area teenagers are in hospital after overdosing on what is believed to be a designer drug that federal health authorities have warned can potentially kill.

RCMP say they got word Monday afternoon about a 14-year-old boy in St. Albert having seizures in a back alley.

A 16-year-old boy was later reported to be in medical distress at a school parking lot in the city.

The younger teen remains unconscious while the older boy is awake and in stable condition.

Police think the pair used synthetic marijuana, known as K2 or Spice, which Health Canada said in July could trigger a range of traumatic effects that may lead to death. CHED/THE CANADIAN PRESS

Pro-Putin opera stars face angry protesters in New York

An anti-Putin protester demonstrates in front of the Metropolitan Opera at Lincoln Center Monday in New York, where the Met held its season-opening gala featuring soprano Anna Netrebko and conductor Valery Gergiev, two longtime supporters of Russian President Vladimir Putin. Putin, who has upheld anti-gay laws passed by the Russian legislature, has denied that homosexuals face discrimination in Russia and said the law does not infringe on their rights. JAMES WAGNER/THE ASSOCIATED PRESS

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Panic in streets. People pray for their lives as houses collapse in quake

Thousands of Pakistanis ran into the streets praying for their lives Tuesday as a powerful earthquake rocked a remote southwest area.

The quake killed at least 39 people and possibly created a small island off the coast, officials said.

The Pakistani military said it was rushing troops and helicopters to Baluchistan province's Awaran district, where the quake was centred, and nearby Khuzdar.

Local officials said they were sending doctors, food and 1,000 tents for people who had nowhere to sleep.

THE ASSOCIATED PRESS

Birth of an island?

Witnesses reported seeing a small island appear off the port of Gwadar after the quake. The island was said to be about nine metres high and 100 metres long.

Breaking the news: A woman takes to her cellphone after rushing from her apartment after the quake hit. SHAKIL ADIL/THE ASSOCIATED PRESS

Cold-blooded mall killers unleash callous tweets

Too distraught to weep: Relatives of a victim of the Kenya mall massacre comfort each other after they identify his body at the Nairobi city morgue on Tuesday. JEROME DELAY/THE ASSOCIATED PRESS

Kenya atrocity. As bodies pile up and a nation reels in shock, invaders take to Twitter to mock and threaten more horror

As the deadly attack unfolded inside Kenya's Westgate mall, the invading terrorists were callously spreading mayhem on Twitter.

They sent out tweet after cruel tweet, taunting the Kenyan military, defending the mass killings and threatening more bloodshed.

Twitter shut the account down five times. But each time the terror organization al-Shabab started a new feed.

The sixth account was a post Tuesday linking to a photo that purported to show two of the attackers "unruffled and strolling around the mall in such sangfroid manner."

Quoted

"Those cowards will meet justice, as will their accomplices and patrons, wherever they are."

Kenya President Uhuru Kenyatta, in a televised address to the nation

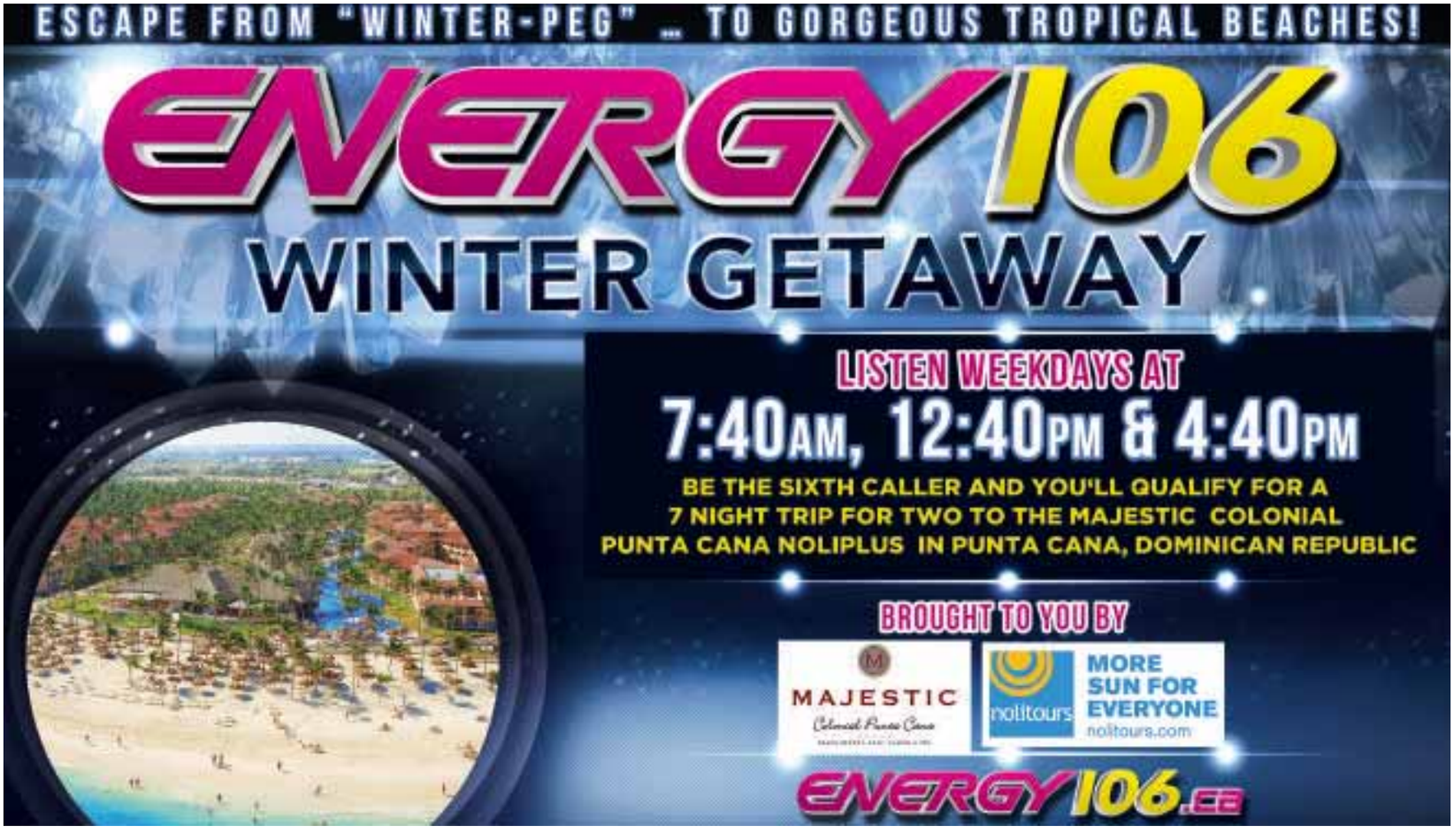
The attack began on Saturday when an estimated 12 to 15 al-Shabab militants invaded the mall.

They wielded grenades and fired on civilians inside the complex, which includes shops for Nike, Adidas and Bose and is popular with foreigners and wealthy Kenyans.

Kenya's President Uhuru Kenyatta said the dead included 61 civilians whose bodies have been recovered so far and six security forces.

Some 175 people were injured, the president said.

THE ASSOCIATED PRESS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Disgraced Chinese politician appeals guilty verdict

Bo Xilai. Former Politburo member faces life in prison after being found guilty of bribery, embezzlement and abuse of power

Fallen politician Bo Xilai, centre, is held by police as he stands at the court in Jinan, China, on Sunday. JINAN INTERMEDIATE PEOPLE'S COURT/THE ASSOCIATED PRESS

Disgraced Chinese politician Bo Xilai has appealed his guilty verdict, a person close to the case said Tuesday, in a rare move that is consistent with his defiant stance but unlikely to change the outcome.

The person with direct knowledge of the case, but who did not wish to be identified, said the former Politburo member made the appeal orally upon the delivery of the verdict issued by the Jinan Intermediate People's Court in eastern China on Sunday.

The court announced that it found Bo guilty of embezzlement, bribery and abuse of power and sentenced him to life in prison. A copy of the verdict was later delivered to Bo, when he informed the court of his decision to appeal, the source said. THE ASSOCIATED PRESS

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Special visas. Brazil lays out the welcome mat for Syrian refugees

Syrians who want to leave their conflict-wracked nation and travel to Brazil will be granted special visas to travel to Latin America's biggest country, the government said Tuesday.

The government's official gazette announced that the National Committee for Refugees authorized the foreign ministry to issue the visas for "humanitarian reasons."

This will allow Syrians affected by the conflict and the "deterioration of living conditions" to enter Brazil.

Brazil decided to make it easier for Syrians to enter the country given the "major humanitarian crisis" afflicting the country, the "large number of refugees created by the conflict" and the "large number of Syrians seeking refuge in Brazil."

THE ASSOCIATED PRESS

Their new life

Brazil has a Syrian immigrant community estimated at about three million.

Syria drama

Spanish media man kidnapped

Spain's interior minister says a correspondent from the Spanish newspaper El Periodico has been kidnapped in Syria by an entity linked to al-Qaida.

Jorge Fernandez Diaz said Tuesday his ministry was working for the release of Marc Marginedas, 46, who has not been seen since Sept. 4 when the car he and his driver were in was stopped by armed jihadists near Hama.

Marginedas entered Syria from Turkey on Sept. 1.

THE ASSOCIATED PRESS

Stop sending weapons to Syria, world leaders told

UN chief's blunt warning. Syrian crisis is the 'biggest challenge to peace and security in the world'

United Nations Secretary-General Ban Ki-moon sent an impassioned, urgent message to world leaders on Tuesday.

Stop fuelling the bloodshed in Syria with weapons, he said, and get both sides to the negotiating table to end the "biggest challenge to peace and security in the world."

In his state-of-the-world address to open the annual gathering of presidents, prime ministers and monarchs at the UN General Assembly, Ban said the international response to last month's "heinous use of chemical weapons" in Syria "has created diplomatic momentum — the first signs of unity in far too long."

Can you spot the likeness? Demonstrators dressed as new Iranian President Hasan Rouhani and U.S. President Barack Obama meet the media Tuesday as the UN General Assembly debates. The demonstrators called on the two leaders to negotiate a ceasefire and end the bloodshed in the Syrian crisis. JONATHAN FICKIES/THE ASSOCIATED PRESS

Ban called on the Security Council to adopt an "enforceable" resolution on a U.S.-Russian agreement to put Syria's chemical weapons under international control for destruction.

He also called for help to bring to justice the perpetrators of the Aug. 21 chemical-weapons attack outside Damascus "either through referral to the International Criminal Court or by other means consistent with international law."

THE ASSOCIATED PRESS

The home page of Google's Constitute project, which can be found at constituteproject.org. SCREENGRAB

Need to build a country? Google's got you covered

Politics. Metro talks to product manager Sara 'Scout' Sinclair Brody about a new database of founding documents

KIERON MONKS
Metro World News

Not content with its recent announcement of a life-extension clinic, Google has unveiled a program to help nations create constitutions. Constitute provides a database of every founding document and amendment across the world since 1789, broken down into topics for ease of reference. It has been endorsed by heads of state from Tunisia and Kyrgyzstan, and Sara "Scout" Sinclair Brody, Google Ideas product manager, says there is no catch.

How would you describe this service?
It's a tool, and a repository. It allows people to search and compare constitutions.

Are you responding to a demand for this?
There is a specific demand, uncovered by our partners at the Comparative Constitutions Project, who have been helping countries draft constitutions for years. They built a library and used to drag it around, and then used documents in the digital age. But we were able to get it all online with tags for each topic and a beautiful interface.

Are constitutions not outdated yet? Why do people argue over interpretation of a 300-year-old scroll?
For web junkies like me, we think of them as anachronisms — something men who have oil paintings made of them do. But five are being drafted every year, and on average they last for 17 years. I had no idea how relevant or current they could be — it can be a very political process with the power to generate improvements.

Should Google really be involved in the formation of nations, particularly those in crisis?
Some people think it's surprising — but they should realize this is a tool for providing information, rather than seeking to have an influence.

Retail. Sears CEO departs as turnaround underway

Sears Canada's chief executive is leaving the retailer for another job, in a move that raises questions about the future of the company's turnaround plan in an increasingly competitive marketplace.

Sears said Tuesday Calvin McDonald, who has spearheaded a number of major initiatives to reposition the company, will be replaced as president and CEO by chief operating officer Douglas Campbell, who has been Sears Canada's chief operating officer since November.

The company said McDonald resigned to pursue an opportunity with a "leading international company."

Sears Canada spokesman Vince Power said McDonald hasn't informed the company where he's going, but he disputed a report that McDonald was leaving due to a disagreement with majority shareholder Sears Holdings Corp.

Desjardins Securities analyst Keith Howlett called the move a negative for the company, saying McDonald's departure reduces the probability of an operating turnaround.

"Our view was that McDonald was a talented, energetic retail executive and might have been able to accomplish a turnaround against what we perceive as long odds," Howlett wrote in a note to clients.

Incoming CEO Campbell joined Sears Canada in March 2011. He graduated from the U.S. Naval Academy with a degree in economics, before serving as a commissioned officer in the U.S. Marine Corps and receiving an MBA from the Wharton School. THE CANADIAN PRESS

Outgoing Sears CEO Calvin McDonald
TORSTAR NEWS SERVICE FILE

Regina

Giddy up! Barbie takes a turn as an RCMP officer

Barbie is suiting up in Red Serge for a limited-edition doll. The Mountie Barbie represents Canada as part of the iconic figurine's Dolls of the World collection and features her wearing the dress uniform of the Royal Canadian Mounted Police. It's being sold at the RCMP Heritage Centre in Regina and the official Mountie Shop in Ottawa. ALYSSA MCDONALD/METRO IN REGINA

Market Minute

DOLLAR 97.07¢ (-0.16¢)

TSX 12,848.89 (+37.72)

OIL $103.13 US (-46¢)

GOLD $1,316.30 US (-$10.70)

Natural gas: $3.50 US (-10¢)
Dow Jones: 15,334.59 (-66.79)

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CAPTAIN KIRK AFRAID TO FLY?

JUST SAYIN'

Paul Sullivan
metronews.ca

"Space: the final frontier. These are the voyages of the Starship Enterprise. Its five-year mission: to explore strange new worlds, to seek out new life and new civilizations; to boldly go where no man has gone before."

The imaginations of multiple generations have been fired by that statement, first uttered by Captain James T. Kirk, a.k.a. Canadian-born actor William Shatner, on the opening episode of Star Trek in 1966. Shatner has been succeeded by a gallery of Star Trek captains, but when most of us think about boldly going etc., we think of William Shatner.

Which is why it's more than a letdown to learn that Shatner, now 83, has refused an invitation from Sir Richard Branson to be on the first voyage of the Virgin Galactic spaceship, scheduled to lift off on Christmas Day.

I mean, come on Jim — I mean Bill — it's hardly a five-year mission, just a short, two-hour jaunt, and it's not going very far: 100 kilometres above Earth, generally recognized as the border between our planet's atmosphere and space. It's the space travel equivalent of taking the stairs from the parking garage instead of the elevator.

Nonetheless, Kirk — I mean Shatner — isn't biting. That is unless Branson offers to pay his way, and can guarantee a safe return. Branson isn't taking any of this well and has accused the Captain of the Starship Enterprise of being afraid to fly.

That's like saying Spider-Man is afraid to hang off the sides of buildings.

I guess it's a compliment to Shatner that we still confuse an overweight octogenarian with a fantasy hero from a science-fiction future.

With him at the helm of the Enterprise at the onset of the voyage, Star Trek has grown to become more than entertainment. It's our imaginative bridge to real space exploration, making the whole idea viable in the minds of Trekkies everywhere — including engineers, astrophysicists, politicians, Metro columnists — influential people who prevent space travel from being written off as an inexcusably expensive luxury at a time when California, the most populous state in the U.S. and home of much of the space-flight industry, is on the verge of bankruptcy.

If we had any sense, we'd stop thinking about revisiting the moon or going to Mars, never mind trying to get to the moons of Saturn, or out of the solar system altogether and into strange new precincts of the galaxy. But staying home and sticking to your knitting is hardly inspiring.

Which is why Shatner's uncharacteristic lack of enthusiasm for a token space ride is so disappointing. He should know too that he's passing up the chance to travel with Justin Bieber and Ashton Kutcher, along with Mila Kunis, Leonardo DiCaprio and Russell Brand.

On the other hand, maybe you can't blame him. Not sure I'd boldly go to a mall opening with that crowd.

ZOOM

Blazing saddles ignite relief

NAOMI JELLICOE/REX FEATURES

Bikers amaze by riding across fire

They have just ridden the fiery apocalypse and come out alive. Two riders from the Findon Skid Kids, a cycle speedway club in the southern Australian city of Adelaide, safely emerge from a blazing-fire stunt jump, with hundreds of fans cheering in joy and relief. METRO

Hot hot heat

"We couldn't can it after 55 years. It is a tradition that is part of this club. Had the conditions been different — if it was windy — we probably wouldn't have done it."

Allan Staunton,
Findon Skid Kids president

Failed jump had left riders badly hurt

Six months ago, the Findon Skid Kids' time-honoured stunt ended in disaster after three teens were hospitalized with severe burns. The flaming cardboard the riders jumped through failed to break up as planned and instead stuck to the riders. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, there's an appeal to subscribing to services like Sirius or Rdio, but the abundance of free streaming platforms has kept me from taking the plunge. SoundCloud is easily where I spend most of my streaming hours. Here's three of my favourite accounts to get you started.

CONTRIBUTED

Deep and Disco

Exactly what it sounds like: modern disco that's a perfect fit for any and all of your workout playlists. Or just leave it streaming on a lazy Sunday, and before you know it, you will have cleaned your entire house.

Domino Record Co.

A lovingly tended and eclectic U.K. record label that's home to a roster of artists — including Canada's Austra — that any other company should envy. No matter your taste, finding something new to love is a sure bet.

Modular People

An Australian label that sticks pretty close to electronic music that gets your feet moving. There's already a few hour-plus mixes uploaded to the account, so most of the work has been done for you.

Letters

Youth suicide is a very pressing issue. A solution is to help the children openly express their emotions.

With this is mind, a Toronto hospital recently launched a new program: an interactive video game.

This cannot be a solution, especially directed to the young audience. Even with parental monitoring, youth in today's generation are playing hours a day. If instead, the children are encouraged to play video games, problems will start to arise.

After realizing that video games are completely permissible, children will start to expand their gaming territory to other video games and genres. Before you know it, they are attached to the television with a pair of headphones, and a controller glued to their hands.

Although suicidal thoughts are set aside because of the new addiction, results of addictive video gaming include neglected academic progress, bad influences and social isolation, studies suggest.

An alternative like video games is not the answer. Parents should be spending more time with their children. Simply put, parents are the most important people in a child's life.

Janet Li, Mississauga, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Scarlett Johansson doesn't care about your love life

Interview. The Don Jon star talks about image, the Internet and having a private life away from stardom

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt, left, and Scarlett Johansson star in Don Jon. CONTRIBUTED

Don Jon writer-director-star Joseph Gordon-Levitt says he wanted Scarlett Johansson as his co-star in part because she herself has been a victim of a certain amount of objectification within pop culture.

But while Johansson is happy for the implied compliment, she doesn't think she's all that special.

"I think that sure, I've been a victim, if you want to say, of that as much as anybody else. I don't feel particularly affected by that more so than any other person in the spotlight, I guess," she says.

"But I think it's something that I've used — my own status as a sexiest whatever you want to call it or whatever it is, a label you want to put on it — I've been able to use to my advantage while trying to avoid getting pigeonholed as much as possible. I don't want the work that I do to feel like a reaction to the fact that I'm trying to get away from that."

Speaking of getting away from that, Johansson keeps away from the vast swaths of Internet devoted to her beauty and private life.

"I stopped my Googling myself," she admits. "Nothing good ever comes out of it. It's best to avoid it. Gives you an inflated idea of yourself, as well. You suddenly feel like everybody's paying attention to you all the time."

Of course, in her case she might be right — even if the idea still strikes her as odd.

"The other thing is, why do you care? You don't know me," she says. "It always makes me wonder why anybody cares. I don't particularly care to know how any person I don't know, about their romantic life. I mean, I guess we're all nosy in some way, but it's something that seems unrelated in my mind. I mean, I know people like celebrities and maybe that gives them something to dream about. I don't know."

That's not to say Johansson wants any of that content eradicated — or even regulated in any way.

"There are no rules; that's the Internet. There's no rules. You can't impose them, then we'd be living in China," she says.

"If you want to have a free country or whatever, you can't impose any regulations on the Internet."

In control

What she really wants to do is direct. And it might not be far behind.

- **Taking the chair.** While pal Joseph Gordon-Levitt might have beat her to the director's chair with Don Jon, Scarlett Johansson won't be far behind. "I'm actually directing a film next summer, which is an adaptation of a (Truman) Capote novella called Summer Crossing," she says. "It's something I've been working on for what feels like forever. It's been about six years, and we're finally going to do it."

Quick interview

Danza talking about Don Jon

A few weeks ago, Taxi turned 35. That and Who's the Boss? are what Tony Danza is best known for — but he's always been busy. The one-time boxer who stumbled into acting is now back in a medium that hasn't always treated him well — movies. Danza plays Joseph Gordon-Levitt's dad in Don Jon.

Your character in Don Jon isn't very redemptive.
He's not redemptive at all. But everybody you play you love. Tommy Korman in Honeymoon in Vegas is a manipulator and not a nice guy, and at the end he actually gets rough. But I love him.

How was Joseph Gordon-Levitt as a first-time feature film director?
He's terrific. He wrote a movie that captures the culture of the minute and makes us laugh, and there's a message that — he's not proselytizing, but it's there. It's a cautionary tale; a comment on society. MATT PRIGGE/MWN

Bruhl sees parallels between his new films

Interview. Daniel Bruhl talks about how Rush and The Fifth Estate have startling similarities and gives some predictions on the WikiLeaks front

NED EHRBAR
Metro World News in Hollywood

Daniel Bruhl, right, has big supporting roles in two major films, including Rush. CONTRIBUTED

Daniel Bruhl is having a busy year. He quite handily steals two major premieres from high-profile co-stars in The Fifth Estate and Rush. Both films appear to be about someone else — WikiLeaks founder Julian Assange (Benedict Cumberbatch) and late Formula One driver James Hunt (Chris Hemsworth) — but are really about Bruhl's characters — Assange fan-turned-partner Daniel Domscheit-Berg and disfigured racing legend Niki Lauda.

Bruhl tells us more and how the two films have a lot in common.

"There are some parallels between the films, because I'm playing two real characters," Bruhl explains.

"It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them. It's quite interesting to see. And then, of course, my roots help me because both of these characters are quite focused and German in a way: correct and reasonable and so on."

Similar

"It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them."

Daniel Bruhl
Talking about Rush and The Fifth Estate

It seems one thing led to the other for Bruhl.

"It's partly luck," he says. "I have to say that Ron (Howard) helped me a lot and supported me after making Rush and helped me get into the next movie. Because of — I don't know — good work, I suppose, in Rush, I was given the chance."

Bruhl adds that he's part of a bigger trend in film.

"In general, this change started a couple of years ago that we Germans or European actors get the real chance to play these great parts in American movies," he says.

"This is an interesting change, and I hope it's going to go on. It's a very positive trend, I think."

Playing real, living people can be an odd experience.

"It was very strange to see Rush in London the other day with (Lauda)," he says.

"I mean, I watched him watching the movie. I got goose bumps sometimes because everything around the accident is so intense. It was strange to see that with Niki in the same theatre."

Despite doing a film on it already, Bruhl thinks the story of WikiLeaks is just beginning.

"It's a subject, I think, that will be important for a long time, and we're just at the beginning of it," he says.

"All of us, we citizens, have to learn a lot of things — how we deal with gathering information — but also governments have to learn how to deal with it, and corporations. I think we're drowning right now in information. This is a problem for everyone."

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In Focus

Rush harkens back to the Days of Thunder

IN FOCUS
Richard Crouse
scene@metronews.ca

Days of Thunder is considered one of the best stock car racing movies. CONTRIBUTED

"If you think the last four words of the national anthem are gentlemen, start your engines," joked comedian Jeff Foxworthy, "you might be a redneck."

That quartet of words conjures up images of burning rubber, revving engines and lightening fast pit stops.

This weekend, the new Ron Howard movie Rush tries to capture the excitement of Formula One racing. Daniel Bruhl stars as Niki Lauda, the real life Austrian driver and three-time F1 World Champion who faced off against British legend James Hunt (Chris Hemsworth) at the 1976 Formula One World Championship at Fuji in Japan.

The story of their rivalry promises not only a great sport story, but also pedal to the metal action and fiery crashes.

Like racing kingpin Dale Ernhardt Sr. once said, "You win some, you lose some, you wreck some."

Just ask the producers of Days of Thunder, who destroyed 35 cars during the shooting of the Tom Cruise racing flick.

Loosely based on the relationship between crew chief Harry Hyde and driver Tim Richmond — played by Robert Duvall and real life racing enthusiast Cruise — and set in the world of Nascar, Days of Thunder is essentially Top Gun on four wheels, but it does feature some thrilling scenes and deafening engine noise.

As for the autos, most were Chevrolets fitted with fake stock cars with fibreglass bodies. Not exactly built for the kind of speed required for the film, they regularly broke down and at one point half the fleet was in the shop.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jessica Alba. ALL PHOTOS GETTY IMAGES

Alba wishes she had lived it up in her pre-mom body days

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two.

"I was a lot more critical of my body when it was probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jean shorts? That's so crazy. I was so skinny! I didn't have any cellulite. What was I thinking?"

The Word

It's Twerk Girl to the rescue

Do you think Miley Cyrus ever regrets becoming the poster child for twerking? I mean, she's clearly into it, but I bet everywhere she goes now, people are like, "Twerk, Miley, twerk! Twerk in this dry cleaners! Twerk in this hat!" and probably sometimes she is like "Sigh, not now, I am trying to enjoy this TED talk."

But she is Twerk Girl now. So she has to do it. That's probably how she ended up twerking with a monkey in a cowboy costume on her back, anyway.

Miley tweeted a photo of the simian pas de deux. It doesn't actually look like there's much twerking going on, since she's sprawled out on the floor, but the monkey does look terrified, so maybe there's more motion than I can see.

Miley also tweeted a photo of her humping a big furry muppet-looking gentleman, but that was just for fun I'm sure.

In any event, Miley has obviously learned nothing from her much-panned performance at the VMAs. In fact, it seems like our tsk-tsk-ing is only feeding the low-rent Gwen Stefani-wannabe beast. Case in point: she not only wore this outfit to the iHeartRadio Music Festival this weekend, but she also butt-slapped a twerking little person and sang into a banana microphone.

I mean, we already have one Ke$ha. Do we really need another?

MELINDA TAUB/MWN

Neil Patrick Harris

NPH over these hosting gigs

Frequent awards show host Neil Patrick Harris is apparently looking to make that a little less frequent after this weekend's Emmys.

"Emceeing the Emmys was fun, but I'm sure glad it's over," he posted to Twitter. "Looking forward to not hosting anything for a long time."

The stein for beer has come

Oktoberfest. Once a year North Americans raise their glasses to Bavarian love. Here's where to imbibe

JANET CHOI
Metro World News in New York

You don't need to head to Munich to toast to Oktoberfest. ISTOCK

What started out as a celebration to mark the marriage of two Bavarian royals in 1810 has turned into a global annual kegger. The mother of all Oktoberfests is a 16-day, beer-fueled party in Munich, Germany, that has spawned countless imitations. Here are a few in North America that will be worth your time and sobriety.

Oktoberfest Denver
Denver, Colo.
Sept. 27-29, Oct. 4-6

Though it doesn't have strong German roots, it's no surprise that the Mile High City boasts what USA Today and Maxim magazine have touted as The Best Oktoberfest in the United States. Denver appears to be vying for the title of America's Beer Capital with its respected breweries, brew pubs and the largest beer festival in the country.

Oktoberfest Denver will offer the requisite "Food, Bier, Music and Stein Hoisting" at its fest. In addition, David Hasselhoff loyalists will be pleased to hear that the 5K run, Das Hustlehoff, will pay tribute to The Hoff, and each runner will receive a free Das Hustlehoff shirt.

For the real deal

Leavenworth Oktoberfest
Leavenworth, Wash.
Oct. 4-5, 11-12, 18-19

Once the headquarters for the Great Northern Railway, the city of Leavenworth found itself struggling after the railroad relocated early in the 1900s. In 1962, a committee was formed, its sole task to revitalize the city's economy — by turning Leavenworth into a replica of a Bavarian village.

Helen, Ga.
Through Oct. 27

Helen is a former logging town that underwent a similarly Bavarian transformation. Once there, you can also take in the late- October fall foliage.

For the procrastinators

Tulsa Oktoberfest
Tulsa, Okla.
Oct. 17-20

The Munich Oktoberfest ends the first weekend in October, and in case you have too much on your plate to participate in a timely manner, there are a number of celebrations that are planning to oompah-pah well into the end of October.

Tulsa Oktoberfest is one of the most popular celebrations around the country, and for good reason — namely, keg rolling contests. But this year's celebration has already been hit with controversy before the first pitcher has even been poured: organizers are doing away with the 64-ounce pitchers and replacing them with 34-ounce souvenir steins. Many are crying foul at the downsizing, but will probably just end up drowning their tears in steins full of beer.

Canada's take on Bavaria

- **Kitchener/Waterloo.** Oct. 11-19. Running since 1969, Kitchener, Ont.'s Oktoberfest began as a way to celebrate the community's German heritage. It's now grown into the largest Bavarian festival in North America and includes a Thanksgiving Day parade. There are 40 events fest goers can choose from, including a Stein and Dine, a five-kilometre run, a car show and plenty of musical entertainment. For more info visit oktoberfest.ca.

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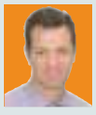

ON THE MOVE
Loren Christie
life@metronews.ca

Deciding whether to purchase travel insurance might be the single most important decision you make as part of your holiday planning.

At a minimum, every single traveller should purchase full medical travel insurance. Whether or not you have a pre-existing condition, anybody can be adversely affected by changes in time zones, climate and diet. Tropical diseases can strike with no warning and of course, car accidents and random injuries could happen to anyone. The cost of overseas medical attention could be crippling to your family.

A good policy will cover all emergency care, which is defined as a sudden event that makes it necessary to get immediate medical treatment. Routine health checkups and non-emergency care are normally not covered.

Trip cancellation and trip interruption coverage are less important. It's really up to you to weigh the impact of losing your vacation investment should you not be able to follow through with your holiday plans. You might also consider additional options such as coverage for lost or damaged baggage, particularly if you are travelling with something valuable.

For a comprehensive travel insurance package, including travel medical, trip cancellation and trip interruption coverage you should count on paying between $100 and $125 per person.

Before buying insurance, check the fine print and understand what you are covered for. There are some general exceptions to coverage to watch for. For example, people who are travelling to play in a sports event or travellers who get injured as a result of being dangerously drunk may be denied coverage.

If you are counting on the insurance coverage offered by your credit card to cover you, make sure you have purchased your vacation package with that credit card.

Carry your travel documents, policy number and emergency contact number for your insurance provider with you at all times. In order to receive a full reimbursement, you may be required to call the emergency contact before going to the hospital.

Travel insurance gives you security. ISTOCK

Magical treat

Tahiti. The best and most affordable way to see these majestic islands is on a cruise

DIANE TIERNEY
For Metro

Enjoy water sports from the drop-down marina at the stern of the Paul Gaugin. DIANE TIERNEY/FOR METRO

Over-water bungalows

- The Pearl Resorts & Spa features the famous over-water bungalows. Nothing quite prepares you for the romantic atmosphere of these luxurious huts. Glass floors around the bed allow you to see fish and hear the waves lapping at night. In the morning, breakfast is brought to you by outrigger canoe. If you can splurge and spend just one night on land as a shore excursion, this is the quintessential Tahiti treat.

Tahiti has a magical, mysterious atmosphere that is unlike any island destination in the world. Its haunting beauty has you hearing Bali Ha'i in the breeze, while being mesmerized by the dramatic scenery that suggests you are visiting Jurassic Park.

Tourism hasn't spoiled this destination because it can be expensive to stay on land. So the best and most affordable way to see these intoxicating islands is on a cruise. With some cruise lines offering half-price cruises and free airfare from Los Angeles, this dream trip is more affordable than ever.

PG Cruises' Paul Gaugin ship offers an unparalleled experience. The ship is specifically designed for Tahiti's shallow, secluded lagoons. It recently underwent a $6-million enhancement and is rated five stars.

Service on board is excellent because there are 225 crew members to 332 passengers. This high staff-to-passenger ratio means waiters will know your name and favourite drink by the second day. The food is sumptuous thanks to chef Jean-Pierre Vigato's talent. You will enjoy meals similar to what's served in Apicius, his two-star Michelin-rated restaurant in Paris.

Enjoy dining on board because on land even the most casual restaurant charges $15 for a cheeseburger. A cocktail at Bloody Mary's, the famous celebrity haunt on Bora Bora, is about $10. Since so much is imported from New Zealand, costs are high everywhere.

You won't have to shell out cash to rent water sports equipment on land either. Just use the ship's kayaks, windsurfers, banana boats and snorkel equipment from the drop-down marina that opens up at the stern.

Each island offers an unforgettable wow factor. Huahine is made up of two dramatic mountain ranges. It used to be the centre of Polynesian culture so has many rich archeological sites such as ceremonial temples. Also fascinating are the sacred eels. They have bright blue eyes and grow up to six feet long. They are harmless so you can wade into the water and feed them.

Fakarava is the second largest atoll and the ancient capital is filled with numerous unexplored motus (islets). Protected by UNESCO, Fakarava is proud of its rare crustaceans such as squills and sea cicadas. Visit a pearl farm on the water, snorkel around the hut and you will appreciate this island as a mecca for underwater beauty.

There are many different shore excursions to explore each island. DIANE TIERNEY/FOR METRO

Bora Bora's famous Mount Otemanu, remnants of an extinct volcano, is a symbol of Tahiti for its dramatic peak. Its velvet green slopes drop steeply to the blue lagoon below. Hike or bike around this lush island, or enjoy a multitude of water activities to keep cool.

Taha'a is often called the Vanilla Island for its numerous plantations of what Tahitians call black gold. On this island, PG chefs prepare a delicious barbecue on the beach and offer drinks from a floating bar.

Explore Moorea by jeep and you will see pineapple, vanilla, banana and grapefruit plantations, visit ancient stone temples and stop at the Belvedere lookout to see Cook's Bay. You can also feed stingrays in the shallow water at Motu Ono.

For more information, visit pgcruises.com or call 800-848-6172. Sailings are currently 50 per cent off and include airfare from Los Angeles. For Pearl Resorts & Spa, visit spmhotels.com.

Enjoy a drink at the stern bar on the Paul Gaugin. DIANE TIERNEY/FOR METRO

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ROSIE HALES
TalentEgg.ca

Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing for many, and might even seem completely unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's almost impossible to place enough emphasis on how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities don't need to be so daunting.

The one golden rule to networking at a recruitment event is to remember this fact:

Every single recruiter at any recruitment event is there because they want to talk to you; maybe even hire you! Sounds a bit like a no-brainer, right?

Wrong. You'd be surprised by how many people might choose to avoid a recruitment event because they are concerned about networking.

Just keep the following tips in mind.

Ask questions about the company and the representative

The best way to make a great impression is to ask them questions about themselves. This can definitely apply to a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

• What brought them to work for this company?

• If they did post-secondary education, what kind did they do and what did they specialize in?

• What's their favourite part about their job?

• Which company office are they from?

Don't forget to ask some key questions about the company:

• What kind of students are they looking to attract at this recruitment event?

• What do their available positions entail?

• How long does the application process take (so you know when to start applying)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you. Try to say something a little more engaged than just commenting on the free stuff, even if that is the reason you like their booth. Commenting on this shows that you're engaged and perceptive. Being able to communicate your opinion will show the recruiter you aren't afraid to share your thoughts.

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Don't forget to swap info

Trade their business card for your business card, a resumé and a cover letter.

- This is a great way to end a conversation that you think went well, and if you followed the tips in this article then they will certainly remember you and will therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.

We want you! And if you remember that fact, you'll be ready to go on recruitment day. ISTOCK

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To bask in our digital dreams or to wake up and relish the real world?

Where is my mind? A digital media maven takes on the tough balancing act between technology and true life

YLVA
VAN BUUREN
Metro World News

The trailer for Ramona Pringle's Avatar Secrets is being launched Thursday during a keynote talk by the producer and director at Social Media Week in Toronto. CONTRIBUTED

Producer/director Ramona Pringle. PROVIDED

"It's like we're living in the science fiction future right now, and the real stories are more incredible than fiction."

Producer/director Ramona Pringle, 31, took her words to heart when she created Avatar Secrets, an exciting 10-part interactive documentary project that is being developed as an iPad-based app.

Avatar Secrets is set in both the real world and the virtual world and is a combination of Pringle's real-life memoir, a graphic e-novel, and a documentary.

The premise of Avatar Secrets: If we dig a little deeper into the allure of video games and technology maybe we will uncover some of what we're missing in the real world.

Avatar Secrets is a bold project and certainly one of the reasons why Pringle was recently named one of Playback's 10 2 Watch in the new age.

Pringle has worked as an actor and was in movies including Shoot 'Em Up and Cinderella Man. She has a master's degree in interactive telecommunications from New York University and today teaches interactive storytelling at Ryerson University.

She has worked as a multiplatform producer for CBC, TVO, CTV and PBS.

Her other major project at this time is rdigitallife.com, an online hub that explores what it means to be human in today's digital world.

Here are Pringle's tips for living in the digital world:

The big draw of all our technologies is each other, so focus on the person, not the technology

Choose when and how to connect with people. For a heart-to-heart, nothing beats face-to-face; for conversing with an overseas relative, Skype may be best; for making plans with a friend, IM.

Engage fully whether you're online or offline

We are living in what I call the "hybrid reality" — constantly straddling the "real" world and the "digital" world. The challenge is to make sure that being in both worlds doesn't mean that we don't fully engage in either. Choose where you want to focus your attention — whether you're looking into a screen or someone else's eyes.

Empower yourself — don't let gadgets and apps control you

We have this reflex of checking messages when lights flash or there's a ping. Technology is here to stay but we can choose how, when, and where we engage instead of letting the machines make the decisions for us.

A digital drug?

"We're not addicted to technology, we're addicted to each other."

- View the trailer for Ramona Pringle's interactive iPad documentary Avatar Secrets at metronews.ca/avatar — and keep an eye out for more from Pringle on Metro soon.

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Arm yourself with answers

Let's get ready to respond! The best replies to commonly asked interview questions

SHAHEERAH KAYANIHTTP
TalentEgg.ca

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips on preparing yourself accordingly.

"Tell me about yourself."
This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"

When talking about difficult obstacles, focus on the positive end outcome, and what you learned along the way. ISTOCK

This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weakness and are taking action to deal with it will show the employer that you are proactive and like to take initiative.

The tables have turned

Some good questions to ask your interviewer are:

- What is the most challenging and fun thing about this position?
- What is a typical day on the job like?
- What new projects will I get to assist with?
- What will happen next in the hiring process?

"What are your short term goals (over the next five years)?"
For this question, you should mention your professional goals and relate them to those of the employer. You should talk about what you hope to achieve over the next five years and what you hope to contribute to the employer in that time period.

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Oh, put a steak in it already

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great pasta dish with tender slices of beef and a light pesto sauce. Feel free to substitute chicken breast or sautéed shrimp for the steak. If basil is expensive, try a mixture of green leaves such as parsley, spinach, arugula or cilantro.

1. In nonstick skillet sprayed with vegetable spray, cook beef just until desired doneness. Drain and set aside.

2. Pesto: Put basil, olive oil, Parmesan, pine nuts and garlic in food processor; process until finely chopped. Gradually add the stock through the feed tube and process until smooth. Add salt and pepper. Put pesto in serving bowl.

3. In large pot of boiling water, cook the penne until tender but firm.

4. Meanwhile, heat oil in nonstick skillet over medium heat; cook garlic and onions for 4 minutes until brown. Add mushrooms and sauté for 4 minutes until tender. Add tomatoes and peas and cook for 2 minutes more to heat through.

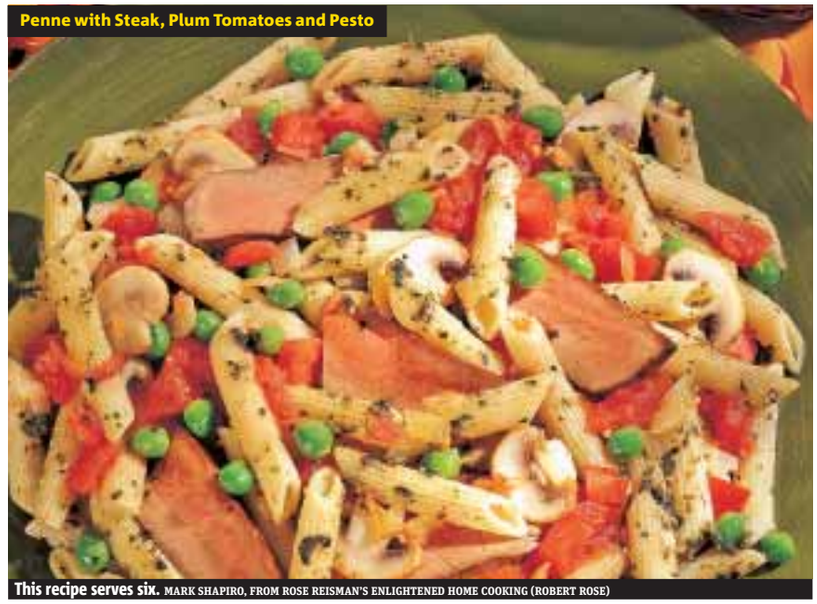
5. Place drained pasta in serving bowl along with vegetables and steak; toss and serve.

Ingredients

- 6 oz thinly sliced beef steak such as New York strip

Pesto Sauce

- 1 1/2 cups packed fresh basil
- 3 tbsp olive oil
- 3 tbsp Parmesan cheese
- 2 tbsp toasted pine nuts
- 1 1/2 tsp minced garlic
- 3 tbsp chicken stock or water
- Dash of salt and pepper
- 12 oz penne
- 1 tsp vegetable oil
- 1 tsp minced garlic
- 1 1/3 cups chopped onions
- 1 3/4 cups sliced mushrooms
- 2 1/4 cups chopped fresh plum tomatoes
- 1/2 cup green peas



Penne with Steak, Plum Tomatoes and Pesto

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Drink of the Week

Power Hour Sour

Cheeky and flavourful, this sour drink with an interesting addition of egg white packs a punch!

- 2 oz Belvedere Vodka
- 3/4 oz fresh lemon juice
- 3/4 oz simple syrup
- Dash egg white (optional)

Shake and strain over cubed ice into a rocks glass. Garnish with a wedge of lemon.

PHOTO AND RECIPE COURTESY BELVEDERE

From sea to table: Spaghetti al Nero di Seppia with Clams

This bedazzling entrée is brimming with fresh clams, herbed shrimp and tossed with a blending of olives, wine, aromatic vegetables and exceptional Peperoncini Piccanti.

With its bold colour and delicate flavour, Nero di Seppia Spaghetti from Italy is the ideal pasta for this showstopper dish.

1. In large heavy-bottomed saucepan or Dutch oven, heat 1/4 cup (50 ml) of the olive oil over medium heat. Cook the diced onion, stirring, for 3 minutes. Add sweet peppers and 1/4 tsp (1 ml) of the salt; cook, stirring, for about 4 minutes or until very soft. Add pitted kalamata olives and minced garlic; cook for 1 minute. Stir in piccanti until combined.

2. Increase heat to high. Add clams; cook, shaking pan gently, for 2 minutes. Pour in wine; bring to a boil. Cover and steam for 1 minute. Add shrimp; cover and continue to cook for 4 to 5 minutes or until clams open wide and shrimp are cooked through. Remove from heat and discard any clams that do not open.

3. Meanwhile, in large pot of boiling salted water, cook spaghetti for 7 to 9 minutes or until tender but firm. Drain, reserving 1/3 cup (75 ml) of cooking water. Add spaghetti to clam mixture, tossing to combine. Transfer to large serving platter; toss with remaining olive oil, remaining 1/4 tsp (1 ml) salt, parsley and some of the reserved cooking water, if desired. Serve with additional piccanti on the side, if desired.

PRESIDENT'S CHOICE

This recipe serves eight. PRESIDENT'S CHOICE

Ingredients

- 1/2 cup (125 ml) extra virgin olive oil
- 1 onion, diced
- 1- 1/2 sweet peppers, cored, halved and diced
- 1/2 tsp (2 ml) salt
- 3/4 cup (175 ml) pitted kalamata olives, halved
- 3 cloves garlic, minced
- 2 tbsp (25 ml) PC black label Peperoncini Piccanti
- 3 lb (1.5 kg) littleneck clams, scrubbed and well rinsed
- 2 cups (500 ml) dry white wine
- 1 pkg (454 g) PC Raw Zipper back Black Tiger Shrimp – Jumbo, thawed and peeled with tails left on
- 1 pkg (500 g) PC black label Nero Di Seppia Spaghetti
- 1/2 cup (125 ml) chopped fresh parsley

Dinner. Gluten-Free Penne with Fresh Tomatoes & Bocconcini

1. In pot, bring 16 cups (4 L) salted water to rapid boil. Add penne, stirring until water returns to a boil. Cook 10 mins., stirring occasionally, or until tender but firm. Drain, reserving 1 cup (250 ml) of pasta cooking water.

2. In nonstick frying pan, heat oil over medium-high heat; cook garlic 30 seconds. Add tomatoes, green onions, salt and pepper; cook, stirring, until tomatoes are heated through but not falling apart, about 2 minutes. Add drained pasta and 1/2 cup (125 ml) reserved cooking water; stir until pasta is lightly coated with sauce, adding more cooking water if necessary, one tablespoon at a time. Sprinkle bocconcini balls and half of Parmigiano over pasta, shaking pan so cheese settles into pasta. Cook 2 mins.

3. Transfer to platter. Top with basil and remaining Parmigiano. Serve. **PRESIDENT'S CHOICE**

Ingredients

- 1 pkg (340 g) PC Gluten-Free Penne
- 1/4 cup (50 ml) extra virgin olive oil
- 2 cloves garlic, finely chopped
- 1 pkg (340 g) PC Gourmet Grape Tomatoes Trio
- 2 green onions, thinly sliced
- 1/4 tsp (1 ml) each salt and freshly ground black pepper
- 1 cup (250 ml) drained "mini mini" bocconcini cheese
- 1/2 cup (125 ml) finely grated Parmigiano Reggiano
- 1/3 cup (75 ml) chopped basil

metro

FALL CAR CARE

Wednesday, September 25, 2013

Crank up the preparation

New season. Now is the time to get your vehicle ready for winter before the deep freeze sets in

One of the steps to ensuring that your vehicle is ready for the winter is to check the pressure of your tires. COLOURBOX

PHILIPPE CROWE
For Metro

Fall means it's time to get your vehicle ready before the deep freeze sets in.

Preparing a vehicle for the winter can be done easily by going through the following steps.

This first step needs little more than your eyes and your tire pressure gauge as tools. While parked on a level surface, walk around your vehicle looking for minor dents, mouldings starting to let go, or accessories not secured properly anymore. The idea here is to be sure nothing will be knocked off by snow and ice during the winter, as well as spotting minor rust spots that could get worse after another harsh winter.

Follow this step by checking the pressure of the tires.

Once the outside has been checked, open the door and make sure the seals are in good shape, preventing slush and snow from entering the vehicle.

While the driver door is open, release the hood and make sure all fluids are at the proper level.

This includes engine oil, transmission oil, power steering and brake fluids, as well as engine coolant. If you are not at ease with this, learn how to check engine oil and your mechanic will handle the rest.

Just like your own annual physical check-up, your car needs at least one annual visit to the mechanic. Ideally two. There, you can get the oil changed for the appropriate winter viscosity, and your trusty mechanic will make sure all the fluids are topped up.

Your mechanic should also check the battery, inspect and lubricate the braking system and ensure your suspension is in good shape. Finally, an inspection of the car's ventilation, including the defrost function, will ensure you will be able to see clearly through the windshield all year long.

A coat of wax will act like a barrier between abrasives such as road salt and your vehicle's paint. CHANCHAI SUTTIPRAPA/COLOURBOX

Elbow grease will protect your vehicle

Nothing holds more truth than the statement saying a clean car is a long-lasting one. A car's paint and exterior components need extra protection to be able to handle winter's harsh environment. Here is how to help your vehicle stand up.

First off, it's important to wash the vehicle thoroughly. This means using a proper automotive detergent, not dish soap, since dish soap will strip your paint of its needed protection.

Work from the top of the vehicle down because the lower portions of the car are usually the dirtiest. Tree sap, tar and other stubborn goop will need special attention.

While drying the car with a dedicated natural or synthetic chamois, soft cotton or microfibre towels, inspect the paint. Rock chips and various minor hits may have led to small spots where the paint is scratched or dinged. Even if not deep, take care of it before is rusts. You can do so by getting a colour-matched touch-up kit at your dealership or an automotive store.

A coat of wax will act like a barrier between abrasives and the paint, helping it last longer. The key to waxing is to use a quality product — start with a clean, cool-to-the-touch vehicle, and don't rush it.

Mothers Polishes' experts say it best. "The formula for success is simple — select a body panel to work on, and apply your wax evenly and lightly in parallel movements. Then buff the hazed wax with a 100 per cent cotton towel or microfibre cloth."

Experts from Meguiar's offer the following advice. "Avoid turning your application cloth over to its other side to apply a different product because some ingredients may penetrate through and change the chemical balance of the product. Avoid putting pressure on tops of ridges where your car's paint is the

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Stick with winter tires

PHILLIPPE CROWE
For Metro

Winter tires excel not only on snow, but also on ice and on clean, but cold and frozen pavement. NOKIAN TIRES PHOTO

Choosing the proper set of winter tires can be a challenge. While prices, quality and type of winter tires vary, one thing is for sure — they are needed for Canadian winters.

Wrongly referred to as snow tires, winter tires excel not only on snow, but also on ice and on clean, but cold and frozen pavement.

The official way to identify a proper winter tire is by looking on the sidewall for a logo showing a snowflake in a mountain.

Winter tires now come in two groups. There is the traditional winter tire, which can be studded or not, and needs to be replaced with a car's original summer or all-seasons tires when warmer weather returns.

Launched three or four years ago, the all-weather tire is a winter-rated tire worthy of the snowflake logo, but designed to be used all year long. The rubber compounds and structures of these tires were designed to maintain wear properties that allow the tire to be used year round in areas where winter conditions may be mild or uncertain.

Choosing between studded or non-studded winter tires depends on your needs. Both alternatives are wear-resistant and offer great driving qualities.

You can choose the type of tire that best matches your needs by considering the four following questions:

• Snowy or icy roads. If you drive more on icy roads than on snowy ones, studded tires are the choice for you. Non-studded winter tires are a better choice for snowy roads.

• Wet ice and packed snow. Studded tires are superior to non-studded winter tires on wet ice and hard-packed, almost icy, snow.

• Quiet tires. If you appreciate tires that are quiet on bare roads, non-studded winter tires are the right choice.

• Unpredictable fall conditions. Non-studded winter tires can be mounted earlier in the fall than studded tires. Once you have mounted non-studded winter tires, you don't need to worry about rapidly changing road conditions in the fall. Non-studded winter tires are also a good choice in spring, when temperature changes can be surprisingly quick.

Accessories. What should you have in your vehicle?

Winter imposes its own requirements on a car's systems. Luckily, accessories exist to make the season at the wheel easier.

The first that comes to mind is a snow scraper. Some exclusively scrape ice, others are of the brush type for snow and others do both, but think of having two in the vehicle. Why two? Have you ever broken one when the windshield is still covered with ice? You will be happy for the spare, even if it is an old, dull one.

Test windshield wiper blades by spraying windshield washer fluid to see if your wiper blades are leaving streaks on the windshield. Such streaks are an indication that it is time to replace them.

Some wiper manufacturers offer special winter blades that have a rubber boot covering the arm assembly to keep snow and ice out. Another type that works well in winter is the beam blade. Instead of having multiple metal pieces obstructed by snow or dirt, the wiper is made of a low-profile, bracketless blade consisting only of a metal tension strip, rubber element and connector.

Some windshield wiper manufacturers offer special winter blades that have a rubber boot covering the arm assembly to keep snow and ice out. CONTRIBUTED

A block heater is a small heating element located alongside the engine that, when plugged in, will warm up either the engine oil or coolant. Oil can become as thick as molasses in extreme cold temperatures and a block heater will help the engine start easier, as well as boost the operating temperatures, meaning less wear on the engine, as well as quicker heat inside the vehicle.

It's easy to forget that with the advent of remote locks it's easy to forget that access to our vehicles relies on being able to unlock the doors. A lightly frozen lock will usually be freed up by the use of the remote unlocking function, but a well frozen lock will prevent anything from unlocking. Having some lock de-icer handy, combined with a good lock lubrication in the fall, is the best way to be able to gain access without having to call for help. PHILLIPE CROWE

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Interior. Start season on a clean note

PHILLIPPE CROWE
For Metro

When cleaning your vehicle's interior start with the dashboard, door cards and the surfaces, which can be done with a damp cloth. CONTRIBUTED

Winter is a messy affair when it comes to the interior of a vehicle.

The key is to start winter with a vehicle as clean as possible. No one really wants to clean while it's freezing outside — plus most cleaning products won't work properly, if at all, when it's cold.

Start by cleaning the dashboard, door cards and all surfaces of the interior. This can be done with a damp cloth, or with a mild detergent specially made for a vehicle's interior.

Always work top to bottom since dirt will fall down as you go. Do not forget to wipe the steering wheel, the shifter and any part regularly touched since they will be the dirtiest.

Cleaning the windows is a step many forget, but is crucial for safety. Clean windows will allow better visibility and allow for quicker defrosting and defogging. A dedicated automotive cleaner should be used if you have tinted windows. Not to be forgotten are the rear view mirrors.

Seats need a good scrub. If they are fabric material, they should be vacuumed and then cleaned with an automotive-specific cleaner; if they are leather, they should be wiped with a leather-specific cleaner, followed by a good leather conditioner. This will help the leather resist the beating it tends to go through, going from frozen to warm when the seat warmer is at its maximum setting.

Next should be the carpets. They need to be vacuumed and any dirt debris or greasy residue needs to be removed. To make the job go faster, start with a soft, natural bristle brush to loosen clingy dirt and use specific automotive carpet detergents.

This should be followed by a good carpet treatment to prevent salt and winter dirt to do damage. The same treatment can be used on fabric seats. Keep in mind that any chemical treatments for carpet and upholstery need to have a minimal dirt environment to work properly.

Steer clear of winter hazards

Winter has the knack of bringing the worst out of a car or a driving situation. Add to this weather that can change in an instant and being ready for the unexpected becomes essential.

Whether leaving on a cross-country trip or just running errands, having the proper equipment on hand and the right attitude at the wheel is important.

Many of have been in a similar situation — you parked the car for a couple of minutes to go into a store and return to find the road cleaning crew passed, leaving a foot-high mix of hard-packed snow and slush against the wheels, challenging even the best four-wheel-drive systems. Keeping a shovel in the trunk is a good idea.

Also helpful is a small bag of sand or kitty litter. Spreading some on an icy surface will allow enough traction to leave that parking spot.

A set of traction helpers can be handy. These can be made of metal, plastic or various composite materials. They all work the same way — place them against tires, then step carefully on the gas. The tire will grip the traction helper and allow movement.

A driver's attitude at the wheel is often the difference between making it home or exploring the ditch.

Slippery conditions mean a driver has to be smoother at the wheel. While true in all conditions, it becomes paramount when slippery. Harsh movements of the steering wheel or the brakes will force the vehicle to slide at the most inopportune moment.

Having a four-wheel-drive or all-wheel-drive vehicle doesn't make one invincible. Yes, these systems allow their drivers to accelerate and find traction quicker. But they don't bring any advantages when braking — all vehicles have brakes at all four wheels.

Finally, SUVs and higher perched vehicles have a higher centre of gravity, which needs to be taken into consideration. PHILIPPE CROWE

Winter driving checklist

- Warm winter gloves, toque and boots
- Blanket or extra clothing
- Bag of sand or kitty litter
- Small shovel
- Ice scraper and/or snow brush
- Snacks for energy
- Windshield washer fluid
- First aid kit

Having the proper equipment on hand and the right attitude at the wheel is important when driving during the winter. CONTRIBUTED

Thieves don't care if it's cold or warm

Contrary to popular belief, winter is a great season for vehicle thieves since owners tend to be in a rush to get in a warm place, forgetting the ABC's of vehicle safety.

Getting a vehicle stolen is frustrating whatever the season, but it gets worse in the winter if you need to walk back home in –20 C conditions.

First of all, don't leave your vehicle running with the keys in the ignition. Thieves enjoy cold mornings when people start their vehicles and leave them running unattended in the driveway to heat up. They are also watching closely at the mall. To make matters worse, an insurer may not cover your loss if the vehicle was stolen with the keys in the ignition.

If you absolutely need to step in a warm vehicle, invest in a remote starter. They are available from the factory, as accessories at your dealership or at specialized automotive shops. They will allow you to start the vehicle from the warmth of your home with no keys in the ignition and doors locked. To prevent a thief from stealing the vehicle, most systems will shut the engine off if the door is opened without having been unlocked through the remote.

Many items can help either prevent loss or recover a stolen vehicle. Think of using a locking bolt system for winter wheels. There is a huge market for winter tires and walking to a wheel-less vehicle is frustrating.

In conclusion, always lock your doors, don't leave anything in plain sight, don't leave electronics or valuables within reach, and park in well-lit areas when possible. PHILIPPE CROWE

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Chris Davis of the Orioles strikes out in the second inning against the Blue Jays at Oriole Park in Baltimore Tuesday. The Jays won 3-2. PATRICK SMITH/GETTY IMAGES

Jays shoot down Orioles' hopes for playoff berth

MLB. Baltimore's six-game losing streak matches longest of the 2013 season

The Toronto Blue Jays eliminated Baltimore from the playoff hunt Tuesday night, using two clutch RBI singles by Mark DeRosa to beat the Orioles 3-2 in 10 innings.

Baltimore's sixth straight loss, combined with Cleveland's comeback win over the Chicago White Sox, left the Orioles six games behind the Indians for the final wild-card slot with five games left.

DeRosa singled in the tying run in the eighth inning and put the Blue Jays ahead in the 10th.

On Tuesday

Jays	Orioles
3	2

Sergio Santos (1-1) worked a perfect ninth and Casey Janssen got three outs for his 34th save.

Jose Reyes drew a one-out walk in the Toronto 10th off Francisco Rodriguez (2-1) and Munenori Kawasaki singled. Reyes appeared to be picked off second but was called safe, drawing Orioles manager Buck Showalter out to argue the call. Brett Lawrie then hit into a fielder's choice and DeRosa singled to right.

Brian Roberts and Nate McLouth homered for the Orioles, whose six-game skid ties their longest of the season.

Baltimore starter Chris Tillman gave up one run, five hits and a walk in seven innings. He tied a career high with nine strikeouts and left with a 2-1 lead, but the bullpen immediately gave up the advantage in the eighth.

Vying for his fourth straight win for the Blue Jays, starter Todd Redmond had a decent outing — except for two pitches, the ones Roberts and McLouth sent over the scoreboard in right field in the third inning. Redmond allowed two runs and eight hits over 5 2/3 innings. THE ASSOCIATED PRESS

Hockey

Crosby's mom joins CWHL board

Sidney Crosby's mother, Trina, has accepted an invitation to join the board of the Canadian Women's Hockey League. She is making the move to become more involved in women's hockey because of a conversation with her 17-year-old daughter. THE ASSOCIATED PRESS

Lance Armstrong

U.S. feds vie for lawsuit to proceed

Justice Department lawyers urged a federal judge not to dismiss the government's fraud lawsuit against Lance Armstrong, arguing the U.S. Postal Service was tainted by its sponsorship of his team while he used performance-enhancing drugs to win the Tour de France.

The Postal Service, which insists it didn't know about a drug regimen that was exposed last year, is permanently linked to what the government lawyers called "the greatest fraud in the history of professional sports" in court records filed Monday night.
THE ASSOCIATED PRESS

NBA

"I apologize. If you see me around town, come give me a hug, give me a kiss. I'll do whatever you want."

Shaquille O'Neal, who was introduced as a minority owner of the Kings on Tuesday in Sacramento. During the height of his career with the Lakers, O'Neal fuelled the rivalry with the Kings with his play on the court and verbal jabs at the city off of it.

NFL. It's not delivery, it's surgery for Lions' Burleson

Two days after a victory that for this franchise was downright historic, the Detroit Lions are facing another dose of adversity.

Receiver Nate Burleson broke his arm in a single-car accident early Tuesday after he reached over to keep two pizza boxes from falling off the front passenger seat, authorities said. Surgery is scheduled for Wednesday.

Burleson's car hit a centre median wall on a highway in suburban Detroit and he was taken to a hospital.
THE ASSOCIATED PRESS

Quoted

"Nate'll be back at some point, and when he will, he will be a big contributor again to our team."

Lions coach Jim Schwartz on Nate Burleson

Winter Olympics

Final Sochi check underway

With the opening ceremony just over four months away, IOC inspectors are making their final visit to Sochi to check on preparations for the Winter Olympics.

The IOC co-ordination commission began its 10th and last visit Tuesday to the Black Sea resort — 136 days until the opening of the Games. The visit comes five days before the lighting of the flame in Olympia, Greece. THE ASSOCIATED PRESS

NHL. Senators rattle three past Reimer to top Leafs

Maple Leafs goalie James Reimer stole the show Tuesday night in a losing cause as the Senators won 3-2 in pre-season action in Toronto.

Zach Smith, Jim O'Brien and Colin Greening scored for the Senators, who did not dress Jason Spezza, Bobby Ryan or Erik Karlsson.

James van Riemsdyk and Dion Phaneuf scored for Toronto. Reimer made 34 saves in the losing effort.
THE CANADIAN PRESS

Leafs goalie James Reimer
THE CANADIAN PRESS

Checking out a clean sheet of ice

The 2013-14 NHL season starts on Tuesday night. Here are six storylines worth following:

THE CANADIAN PRESS
Photos by Getty Images

Winter Olympics

Speculation on who should make 2014 Olympic squads, especially Canada's, will be rampant through the first half of the season. Players from the 12 countries that qualified for the Games in Sochi, Russia, will certainly have it in mind as they approach the Feb. 9 to 25 Olympic break.

Outdoor inflation

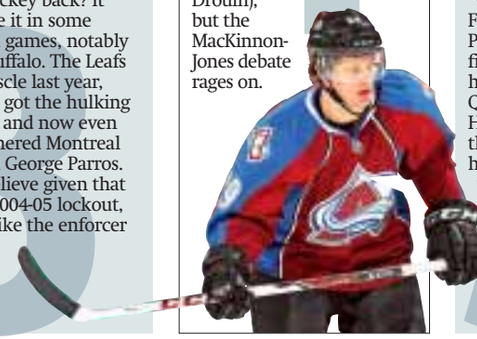
There used to be one outdoor game per season. This year there will be six. It may be overexposure, but the Jan. 1 to March 2 period will see Leafs vs. Red Wings, Ducks vs. Kings, Rangers vs. Devils, Rangers vs. Islanders, Penguins vs. Blackhawks and Senators vs. Canucks. All in baseball or football venues.

Fisticuffs

Is goon hockey back? It looked like it in some pre-season games, notably Toronto-Buffalo. The Leafs added muscle last year, the Sabres got the hulking John Scott and now even mild-mannered Montreal has signed George Parros. Hard to believe given that after the 2004-05 lockout, it looked like the enforcer was going extinct.

MacKinnon-Jones

The weeks leading up to the 2013 NHL draft were all about Nathan MacKinnon and Seth Jones. MacKinnon went first to Colorado, but Jones waited until fourth to go to Nashville. Two got picked in between (Alexander Barkov and Jonathan Drouin), but the MacKinnon-Jones debate rages on.

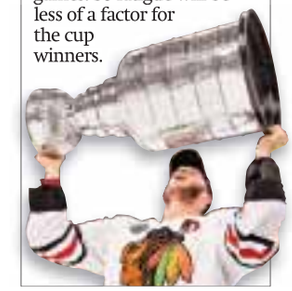


Roy era in Colorado

For the last eight years, Patrick Roy has been a fiery presence as GM and head coach of the junior Quebec Remparts. Now the Hall of Fame goaltender is the coach in Colorado, and has a say in management with old teammate Joe Sakic. With Roy's gusto and lots of young talent, the Avalanche won't go unnoticed.

Stanley Cup repeat?

There hasn't been a repeat Stanley Cup champion since the Red Wings in 1997 and 1998, but if another team does, it could be Chicago. They have the same core of Toews, Kane, Keith, Crawford, etc., as last season, when they played only 48 regular-season games. So fatigue will be less of a factor for the cup winners.



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NEW! 2013 Chevy Silverado Ext Cab 4x4 #DT7221 $20,333 or $67/wk

NEW! 2013 Chevy Camaro #DC3538 $19,997 or $69/wk

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DRIVE

2014 Mitsubishi Outlander

ALL PHOTOS WHEELBASEMEDIA.COM

Review. Easy on gas and your wallet. Could it find a home in your driveway?

MALCOLM GUNN
wheelbasemedia.com

There's a new face at Mitsubishi that should receive more than just a passing glance. The 2014 Outlander wagon has cleaned up its design act both inside and out for 2014, shedding its dated open-mouth look in the process.

In some respects, the largest vehicle in Mitsubishi's thinned-out fleet appears more like the second-gen edition that served the automaker for the 2007-'09 model years. The styling is much more contemporary, making the Outlander appear just as attractive from the rear as from the front. The 2014 edition still shares the previous Outlander's platform and basic dimensions — length, width and distance between the front and rear wheels — equating to nearly identical space for passengers and cargo as before. However the competition in this bracket is a tad roomier and it's a squeeze when accessing the optional third-row bench of the Outlander.

Regardless of seat assignment, all passengers will be treated to an improved environment. Mitsubishi has upgraded the seats, door panels and dashboard and added more cabin insulation for a quieter ride. As well, the split-folding second and available third rows have been redesigned to fold more easily. Overall, the Outlander has shed some 90 kilograms, which should be a boon to performance. The standard powerplant is a 2.4-litre four-cylinder that produces 166 horsepower and 162 pound-feet of torque. That's down slightly from before, but with the weight reduction it won't be noticed.

The four-cylinder is standard with the ES, while SE and GT S-AWC trims are fitted with a 3.0-litre V6 that delivers 224 horsepower and 215 pound-feet of torque. That's a drop of 15 horses, but it's dead even in torque. For reference, competing five and seven-passenger wagons have more output, and in some cases significantly more. The 2.4 is hitched to a continuously variable transmission that has been adjusted to more closely mimic a traditional multi-speed automatic, especially when accelerating from a stop. Meanwhile, the V6 has exclusive use of a six-speed automatic that has been updated for improved fuel economy.

Mitsubishi's "Super All-Wheel Control" (code for all-wheel drive) can be ordered with four-cylinder Outlanders, but is standard with the V6-equipped SE and GT. By mid-2014, Mitsubishi will introduce the Outlander PHEV (Plug-in Hybrid Electric Vehicle) with full-time all-wheel-drive.

With a starting price, including destination charges, of $27,700, the Outlander arrives with the usual basic kit. The SE model adds dual-zone climate control, rearview camera, push-button start and heated front seats. The GT S entices with a premium interior, audio package and bright xenon headlamps.

From that point the load factor can be increased with option packages containing heated leather-covered seats, power sunroof and a Rockford Fosgate-brand sound system, to name a few features. Other than providing room for as many as seven people, the Outlander's strengths might not be readily apparent until you consider its attractive refresh, content improvements and the appealing price tag. It's then that Mitsubishi's flagship wagon starts to make plenty of sense.

2014 Mitsubishi Outlander

- **Type.** Four-door, front/all-wheel-drive wagon
- **Engines (hp).** 2.4-litre SOHC I4 (166); 3.0-litre SOHC V6 (224)
- **Transmissions.** Continuously variable; six-speed automatic (V6)
- **Base price (incl. destination)** $27,700

Safety

There's a host of available crash-avoiding electronic safety systems designed to keep you in your proper lane, alert you to approaching vehicles from adjacent lanes and help you maintain a safe distance from vehicles directly in front.

Fuel Economy

The four-cylinder engine rates 8.2 l/100 km in the city and 6.3 on the highway (down from 9.0/7.0). The V6 improves to 10.1/7.1 from 10.9/7.8. A driver-controlled "Eco" setting cuts some of the engine power and A/C functionality for further gains, however slight they might be.

Design

The front end returns to an understated and more aerodynamic appearance, which suits the vehicle better than the previous Lancer Evolution-style nose. Let's face it, a seven-passenger rally-race wagon wasn't fooling anyone. Leave that to the five-passenger RVR with its similar grille to explain.

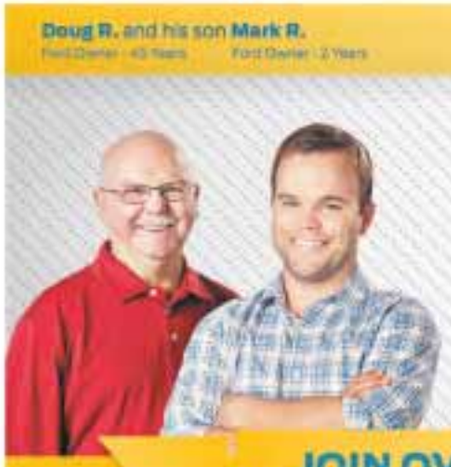
Softer materials and more cabin insulation improve the vehicle's interior.

Compare

1 Hyundai Santa Fe
Base price: $26,900

2 Chevrolet Traverse
Base price: $34,900

3 Toyota Highlander
Base price: $33,400



Doug R. and his son **Mark R.**
Ford Owner - 40 Years | Ford Owner - 2 Years

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Suzanne S. and her father **Bruce H.**
Ford Owner - 4 Years | Ford Owner - 20 Years

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Titanium model shown

2013 FOCUS S

5.5L 31MPG
7.8L 36MPG

Employee Price Adjustment	$620
Delivery Allowance	$250
Total Price Adjustments	$870

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160hp 2.0L I-4 Engine
Air Conditioning
Remote Keyless Entry System
AND MUCH MORE.

Titanium model shown

2013 ESCAPE SE

FWD 1.6L ECOBOOST

5.0L 47MPG
9.1L 31MPG

Total Price Adjustments	$2,019

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Air Conditioning
Active Grille Shutters
AND MUCH MORE.

Platinum model shown

2013 F-150 XLT

SUPER CAB 4X4 5.0L

10.6L 21MPG
15.0L 18MPG

Employee Price Adjustment	$4,423
Delivery Allowance	$7250
Total Price Adjustments	$11,673

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2.4L ecotec 4 cyl, automatic, seats 7, A/C, PW, PDL, keyless entry, rear window defrost, front & rear cupholders, ABS, side curtain airbags, dual front air bags, CD & much more
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Loaded with excitement!!! 3rd row seating, power windows, power locks, cruise control, air conditioning. Fresh local trade in!
2009 RAM LARAMIE 4X4
Loaded w/all the Toys! P.sunroof, heated & cooled seat, heated steering wheel, chrome side step bars, tonneau cover, P.seats, PW, cruise, Nav, satellite radio, 5.7L Hemi & much more. Must see & drive!
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2007 IMPALA
A must see, looks great, paint in great condition, rear truck lid spoiler, A/C, PW, PDL, V6 thats great on gas & still gives you power when you want it.
Blowout Price of Only $3,988*
2007 ACADIA SLT
$15,988* or $169 BW*
Heated leather seats, power windows, power locks, keyless entry, alloy 3.6L V6 with a 6 speed automatic transmission.
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2.0L 4 cyl, automatic, MP3, side/curtain airbags, stability control, traction control, alloys, air, PW, PDL & much more!
Starting From As Low As $14,988* or $43 WK*
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2013 IMPALAs
Starting from
$15,783* or $93 WK*
V6, 6 speed automatic transmission, CD AM, power seats, power windows, power locks, cruise control, alloy wheels, traction control.
2012-2013 CRUZE LT
1.4L 4 cyl, auto, bluetooth, iPod input, satellite radio, side/curtain airbags, stability control, traction control, A/C, front & rear cup holders, front console w/storage.
2004 AVEO
Power sunroof, air, 4 cyl. automatic, PW, PDL, cruise, AM/FM CD, hatch back.
Only $4,988*
12-13 GRAND CARAVAN
$16,988* or $56 WK*
3.6L V6 flex-fuel, automatic, MP3, side/curtain airbags, stability control, 3rd row seats & 2nd row Stow&Go Seats, rear heat & air, traction control.
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Be top of the class and learn to haggle like a pro

Viraf Baliwalla of Automall Network wants to give consumers the edge through his car-buying workshops. AUTOMALL NETWORK

Autopilot. Consumer advocate Viraf Baliwalla has created the first workshop in car buying, allowing you to be one step ahead of the dealers

AUTO PILOT
Mike Goetz
drive@metronews.ca

New research suggests that some car buyers will negotiate better if they get all sweaty first. This is not about potentially using body odour and/or unsightly pit stains to force car sellers to cave in early during the negotiation process.

According to the MIT researchers, it's all about how "physiological arousal" — expressed as an increased heart rate and body sweat induced by running or fast walking just before a negotiation experience — can make some people perform better when it comes to hammering out the deal.

Unfortunately it just seems to work for people who look forward to negotiation. The arousal makes them feel "revved up" for the competition.

For research participants who dreaded negotiating, "arousal" had the opposite effect. Increased heart rate and sweaty palms only increased their nervousness, and they almost always reported being bummed out about their subsequent negotiation experiences.

So the folk wisdom to always go into these situations "cool as a cucumber" may have to be revisited, especially if you like to haggle.

Of course, there is another big tool you can leverage to get a better deal on a car — just learn how do to it properly.

One place you're not going to learn how to do it is in the dealership, when you're in the middle of negotiations, says Viraf Baliwalla, a consumer advocate and president of Automall Network, a vehicle buying agency.

"It is not the salesperson's job to educate the buyer, it is their job to try and sell you a car," says Baliwalla.

He notes another reason not to look to your salesperson as your confidant: "The auto industry has conditioned us to buy in a certain way ... a way that favours the auto industry."

He says this is not "dealer bashing," only telling consumers the reality of the marketplace, where they need to be as prepared as the person is sitting across from them at the negotiation table.

To this end, he has created one of the first workshops in the country on car buying. The first one will be held this Saturday at the Kitchener-Waterloo campus of Conestoga College in Ontario (Course Code GINTO292 Car Buying — Saving You Money).

Followup workshops at Conestoga are planned for November and January, and in Toronto for the 2014 winter term.

An online version of the workshop is planned to be available to all consumers across North America sometime in the New Year.

The course will cover the tips and tricks of the auto trade, the process they will experience at the dealership and some number crunching too.

As an example, he notes how consumers typically choose a zero per cent financing option over a cash purchase rebate, even though in some cases they would save thousands by getting their own car loan at their bank at the going interest rate, and grabbing that big cash incentive. It's all in the numbers.

Knowledge sounds like a better tool in the long run than relying on a fast heart rate and a bit of sweat to swing the negotiation in your favour, but it's your call.

Horoscopes

♈ Aries
March 21 - April 20
Steer clear of people you think may be talking about you behind your back. You can't stop them from gossiping but you can keep them out of your line of sight, and then they'll be out of mind as well.

♉ Taurus
April 21 - May 21
The planets are empowering you to make changes you often talk about but always seem to put off. You know it's now or never: Change now or don't change at all.

♊ Gemini
May 22 - June 21
You may find it hard to be balanced in your opinions today but make the effort because if you go to extremes, it could rebound on you. Don't be so outspoken that you give rivals a stick to beat you with.

♋ Cancer
June 22 - July 23
Don't waste time on minor matters. Jupiter in your sign is bringing all sorts of opportunities your way but you may miss them if your mind is stuck on trivia.

♌ Leo
July 24 - Aug. 23
Someone in a position of power will rebuke you for making a mistake and you must stand there and take it. It may not do your ego much good but it will remind you that even Leos have people to answer to.

♍ Virgo
Aug. 24 - Sept. 23
You give people the benefit of the doubt but there could be problems if you trust too easily today. If you are asked to give your blessing to a project, demand to know more first.

♎ Libra
Sept. 24 - Oct. 23
The reason you have not succeeded at something is because you are putting too much time and effort into it. That might sound silly but it is possible to try too hard. Give it a break then come back to it.

♏ Scorpio
Oct. 24 - Nov. 22
Good things are coming your way and you deserve them but don't start thinking it is all your own work. Others had a hand in your success and you would be wise to recognize that.

♐ Sagittarius
Nov. 23 - Dec. 21
No matter how annoying someone may be, you are advised to make an effort to be nice to them. Friendships are so important and you can never have too many. Make a friend of an enemy today.

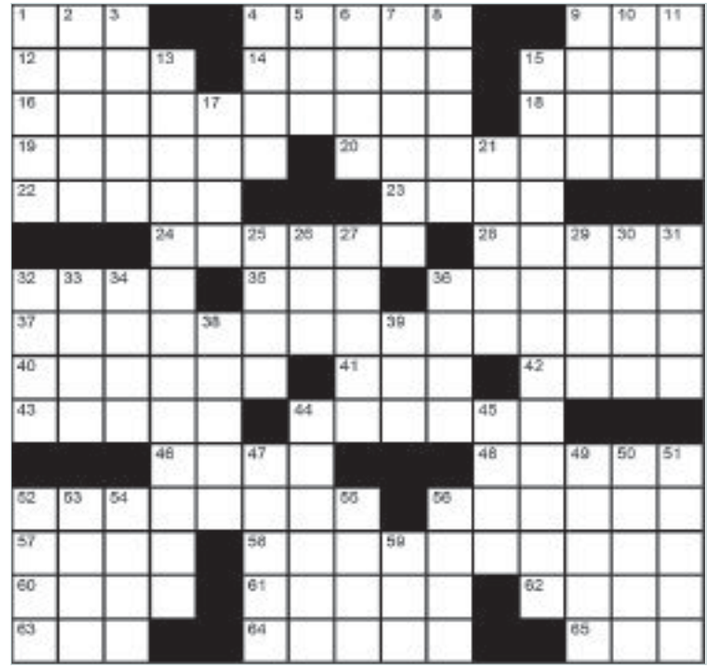
♑ Capricorn
Dec. 22 - Jan. 20
You may have gone out of your way to explain why you have certain views on certain issues but quite clearly not everyone "gets it". Don't waste any more time on them.

♒ Aquarius
Jan. 21 - Feb. 19
A rival who does not have the guts to challenge you directly will try to undermine your position today. Be on guard and make sure people in positions of authority know why you're the one to trust.

♓ Pisces
Feb. 20 - March 20
Jupiter, planet of expansion, is on your side and you should aiming to make a name for yourself. What creative talent do you have that is much in demand? **SALLY BROMPTON**

Crossword: Canada Across and Down

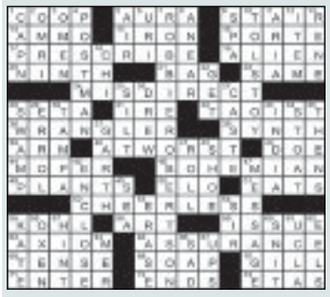
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Noise, for short
4. Minestrone, and others
9. Fancy affairs
12. Ode, for one
14. Actress Ms. Raymonde
15. American state
16. Canadian comedian hosting new trivia game show "Spin Off": 2 wds.
18. Hairstyling hues
19. BC's __ Valley
20. Canadian current events magazine
22. British explorer-in-Canada Mr. Hudson
23. Canadian figure skater Patrick
24. Nova Scotia's provincial bird
28. Particulars
32. Hail _ __ (Taxi!)
35. L'Isle-__-Coudres, Quebec
36. Pot holder
37. Make the history books by winning a race in what?: 3 wds.
40. Arctic-set silent documentary film of 1922, "__ of the North"
41. Iron's partner
42. Original matter, in Cosmology
43. Plods along
44. Aim
46. Wild cherry
48. "Pardon me..." [pl.]
52. Updated versions
56. Be inconspicuous: 2 wds.
57. Joanie's portrayer
58. Be a Member of Parliament, for instance: 2 wds.
60. PBS culinary show, "Simply __"
61. Linda of "Dynasty"
62. Marijuana puff
63. Positive response
64. French painter Edgar (b.1834 - d.1917)
65. Kitchen meas.

Down
1. Canadian rapper, __ K
2. __ prosequi (Not proceeding, in law)
3. Canadian broadcaster Mr. Soltendieck
4. Comic books legend Mr. Lee
5. Katharine Hepburn's tree
6. E pluribus __ (Out of Many, One)
7. High†seas robbery
8. Louis Armstrong nickname, Ambassador __
9. ELO hit: 2 wds.
10. Actor Mr. Wilson
11. Canadian singer Ms. Jordan
13. Twitter = __ site
15. 21st-century crime: 2 wds.
17. Mr. Romano's
21. Scottish landowner
25. City's green area
26. Ms. McClanahan
27. Former prisoner, commonly
29. Santana's "__ Ways"
30. Same: French
31. Base
32. Grass appendages
33. "__ Miner's Daughter" (1980)
34. River of Florence
36. Maple, for one
38. Amounts of medicine
39. Food fragment
44. Struck by Cupid's arrow: 2 wds.
45. Newbie
47. Sounded satisfied
49. Silas Marner author, George __
50. Razzes
51. Tidy the floor
52. Winnipeg-born singer Mr. Shand
53. Fort __, Ontario
54. Wines: French
55. Smelting waste
56. Deprivation
59. Genetic letters

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8				6			
4			5	7		3	1	
5		1					9	
	2	6		4				
			9		2			
				5		8	2	
	7					1		9
	1	4		2	8			6
			7				3	

Yesterday's Sudoku

6	4	5	8	9	2	1	7	3
1	7	8	6	3	4	9	2	5
2	9	3	1	7	5	8	6	4
8	3	4	7	1	9	6	5	2
9	6	2	5	4	8	3	1	7
5	1	7	3	2	6	4	8	9
7	8	1	9	5	3	2	4	6
3	2	6	4	8	7	5	9	1
4	5	9	2	6	1	7	3	8

Weather

TODAY	THURSDAY	FRIDAY
MAX: 23° MIN: 15°	MAX: 20° MIN: 9°	MAX: 16° MIN: 7°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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Support the next 75 years at Red River College. Build our Future. Buy a Brick.

Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

- Proceeds go to the College's 75th Anniversary Endowment Fund
- Walkways will be located at the Notre Dame and Exchange District Campuses
- Honour a friend or loved one, or mark a special occasion. It's up to you!

Don't miss this chance to ensure you'll be a part of our lasting legacy.
For more information, visit **rrc.ca/buyabrick**

For a complete listing of our 75th anniversary events, visit **rrc.ca/75years**

Your commitment to the College – set in stone!

CELEBRATING 75 YEARS
RED RIVER COLLEGE